



"Pupils' personal development, behaviour and welfare is OUTSTANDING" (Ofsted, 2019)

Stanley Crook Primary School Weekly Newsletter

Friday 10th February 2023

Vol: 3 Issue: 6

Headteacher's Notices

Children's Mental Health Week 2023

This week is Children's Mental Health Week, with the theme 'Let's Connect'.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

Each day in school, children will be participating in a range of learning activities linked to positive mental health and wellbeing!

Provided below are links which will direct parents/ carers to a number of useful resources and top tips to help support you to promote positive mental health and wellbeing.

<https://www.childrensmentalhealthweek.org.uk/families/>

<https://parentingsmart.place2be.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



Weekly School Values—Tolerance

In school this week, we have been focusing on the value, TOLERANCE.

This week, it was the turn of Miss Williams to host our Monday morning 'Values Assembly' in which she provided the children with opportunities to explore the value of tolerance and why it is important and how we can demonstrate it in our day-to-day lives.

In each Team, one child received a nomination from their teachers. This nomination was based on a child who has best demonstrated respect in class during the week. The overall School Values Champion for 'Tolerance' was chosen as Dulcie!

Well done to all children for demonstrating so many different acts of respect this week!

Parent Governor Vacancy

Thank you to those parents/ carers who expressed and interest in supporting our school in the role of parent governor. Following discussions with interested parents/ carers, a total of three official nominations were received. Due to there being three vacancies for parent governors on the governing body, there is now no requirement to hold a ballot and all three nominees have been offered a position. I am extremely pleased to say that all nominees have now accepted a position on the governing body and will be meeting with the Chair of Governors and myself next week to be formally welcomed and complete the necessary documentation.

Following formal approval, I will introduce your new parent governors in next week's newsletter.

Safer Internet Day 2023

On Tuesday, school participated in Safer Internet Day. The theme of this year's Safer Internet Day is: 'Want to talk about it? Making space for conversations about life online'

In a special assembly on Tuesday, the children discussed their online experiences and how they engage with the online world, whether that be through gaming, messaging, listening to music, watching videos online or apps etc. We then explored how we can ensure that we stay safe online and the importance of talking about our online experiences (good and bad) so that we can celebrate the good things about the internet and also ensure that we can get help when we need it. I was extremely impressed with the mature discussions during the assembly and the knowledge of the children in how they can be safe online!

Community Police Officers also visited school yesterday to deliver additional key messages regarding online safety to children in Key Stage 2.

Team Walliams Showcase Assembly—Thursday 16th February (Reminder)

To celebrate learning in class, pupils in Team Walliams will soon be hosting a special Learning Showcase assembly. During the showcase, pupils will share learning completed during this half-term from across a range of curriculum areas.

I would like to extend a special invite to parents/ carers and families of pupils in Team Walliams to come to school and share in this showcase and to celebrate the achievements of the pupils. Due to limited space, a maximum of two seats will be able to be reserved per family.

The event will begin at 9:15am on Thursday 16th February. Visitors are requested to arrive at school via the main entrance at 9:00am.

If you are able to attend the event, please contact the school office on 01388762858 or via School Office on Class Dojo.

Thank you for your continued support!

Mr D Christie

Headteacher



For the most up to date information about what is going on in our school including dates for your diaries, parental information and school performance information, please visit our website at:

<https://www.stanleycrook.durham.sch.uk>

Please scan your smartphone device over the QR code to be taken straight to our school website!



Headteacher's T.E.A.M. of the Week

Team of the Week this week is...Team Walliams!

WOW! Well done, Team Walliams!

You have all worked extremely well this week and have demonstrated excellent T.E.A.M. values.

When I have visited your team this week, I have been impressed by your focus and mature approach to learning.

It is clear that you are making excellent progress and this is a result of the high standards in your Team and the ways in which you all support one another to achieve your best outcomes.

Well done, Team Walliams! Be proud.

Mr C



Weekly T.E.A.M.

Attendance Champions

Team Donaldson	90%
Team Dahl	98%
Team Cowell	97.4%
Team Walliams	95%
Team Morpurgo	97%

Congratulations to

TEAM DAHL

This week's attendance trophy winners!



Children's Achievements in School!

Each week, one child is chosen as 'Headteacher's Star of the Week', 'School Values Champion' and 'Attendance Champion'. Staff also choose a pupil from each Team to be recognised for something special they have achieved during the week! This week's chosen children are:



Congratulations to all of our pupils for their outstanding effort and hard work in our school!

'Together Everyone Achieves More'

ONLINE SAFETY

10 Ways Gaming Can Support Positive Outcomes

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Our top ten tips outline how gaming online can sometimes work to your child's advantage. In the guide below you'll find a number of potential benefits including a sense of achievement, learning about teamwork and encouraging creativity.



SCHOOL
MEMBER



10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf



National Online Safety

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.02.2023